

#### ABSTRACT OF THE DISCLOSURE

A foot care system adapted to take care of human feet, comprising a foot mat and at least one moisturizing foot sock. The foot mat is adapted to remove dead skin cells from a sole of 5 a foot, and the foot sock is adapted to moisturize a wearer's foot while permitting the wearer to engage in other desired activities. The foot sock have drops or balls of moisturizer, and/or at least one sachet of foot moisturizing lotion. The foot sock and foot mat can be combined to provide a kit. In one 10 embodiment, the foot mat is adapted for vertical mounting on a sidewall, such as a bath or shower cubicle wall, or the foot mat may be supplied as an insert in a separate mat.